

CROSSFIT WORKOUT GLOVES AND SIGNIFICANCE OF WEARING THESE.





NEGATIVE CONSEQUENCES OF NOT WEARING GLOVES IN HEAVY CROSSFIT WORKOUTS:

- ❖ RIPPING OF HANDS AND RISKS OF BACTERIA INFECTION.
- ❖ LACK OF GRIPPING ADVANTAGE.
- ❖ SLIPPING RISKS WHILE HOLDING HEAVY DUMBBELLS ESPECIALLY WITH SWEATY HANDS.

PROS OF WEARING GLOVES IN YOUR CROSSFIT STYLE WORKOUTS:

- ❖ PREVENTION OF HANDS FROM RIPPING WHILE GRIPPING THE BAR.
- ❖ PROTECTION OF HANDS FROM BACTERIA PRESENT IN THE PREVIOUSLY USED BARS.
- ❖ OPTIMUM SUPPORT FOR HANDS AND WRISTS DURING WORKOUT.
- ❖ IMPROVED GRIP TO EXECUTE EXERCISES PROPERLY.

Features of ideal crossfit workout gloves:

- ❖ VERSATILE MATERIAL SO THAT YOU CAN PERFORM EVERY KIND OF MOVEMENT.
- ❖ DELIVERS PERFORMANCE FOR ANY WOD.
- ❖ DESIGNED TO LOOK STYLISH, FEEL COMFORTABLE REMAIN DURABLE AND SUPPORT FOR FULL PERFORMANCE.



Types OF Gloves For Crossfit Exercises

THINGS TO CONSIDER WHILE YOU CHOOSE PERFECT GLOVES:

- ❖ FIRM AND SNUG FITTING THAT DOES NOT CUT CIRCULATION OR RESTRICT THE MOVEMENTS.
- ❖ TIGHT BUT FEEL COMFORTABLE IN WEARING.
- ❖ PROTECT THE HANDS FROM RIPPING AND PERFORM OPTIMALLY.
- ❖ STRONG AND WELL CRAFTED FABRIC.

THANK

YOU